

Following the DASH Eating Plan

This table lists the number of servings in each food group recommended that you eat each day, the size of each serving for the different foods, and gives examples of foods in each group.

Food Group	Daily Servings	Serving Sizes	Example and Notes	Significance of each food group to the DASH eating plan.
Grain and Grain Products	7-8	1 slice bread 1 cup dry cereal ½ cup cooked rice, pasta, or cereal	Whole wheat bread, English muffin, pita bread, bagel, cereals, grits, oatmeal, crackers, unsalted pretzels and popcorn	Major source of energy and fiber
Vegetables	4-5	1 cup raw leafy vegetable ½ cup cooked vegetable 6 oz vegetable juice	Tomatoes, potatoes, carrots, green peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, green beans, lima beans, sweet potatoes	Rich sources of potassium, magnesium, and fiber
Fruits	4-5	6 oz fruit juice 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit	Apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines	Important source of potassium, magnesium and fiber
Low Fat or Fat Free Dairy Products	2-3	8 oz milk 1 cup yogurt 1 ½ oz cheese	Fat free (skim) or low fat (1%) milk, fat free or low fat buttermilk, fat free or low fat regular or frozen yogurt, low fat and fat free cheese	Major sources of calcium and protein
Meats Poultry and Fish	2 or less	3 oz cooked meats, poultry, or fish	Select only lean; trim away visible fats; broil, roast, or boil, instead of frying; remove skin from poultry	Rich sources of protein and magnesium

Nuts, Seeds, and Dry Beans	4-5 per week	1/3 cup or 1 ½ oz nuts 2 Tbsp or ½ oz seeds ½ cup cooked dry beans	Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils and peas	Rich sources of energy, magnesium, potassium, protein, and fiber
Fats and Oils*	2-3	1 tsp soft margarine 1 Tbs. low fat mayonnaise 2 Tbs. light salad dressing 1 tsp vegetable oil	Soft margarine, low fat mayonnaise, light salad dressing, vegetable oil (such as olive, corn, canola, or safflower)	Besides fats added to foods, remember to choose foods that contain less fat
Sweets	5 per week	1 Tbs. sugar 1 Tbs. jelly or jam ½ oz jelly beans 8 oz lemonade	Maple syrup, sugar, jelly, jam, fruit-flavored gelatin, jelly beans, hard candy, fruit punch, sorbet, ices	Sweets should be low in fat

*Serving sizes are determined by the amount of fat in the various fats and oils. For example, 1 Tbs. of regular salad dressing equals 1 serving; 1 Tbs. of low fat salad dressing equals ½ serving; 1 Tbs. of fat-free dressing equals 0 servings.